

Week 1: *Pedometers* *Encourage More Steps* *per Day*



How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 steps per day.

Example: If you average 4000 steps each day, your goal for week one should be 4500 steps each day. Your week 2 goal is 5000 each day. Remember that every step counts! If you are new to walking as a form of exercise, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine. Follow this easy schedule to help get you started:

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min



Walking Shoes

One of the many wonderful things about walking for your health is that it requires very little equipment. *A good pair of walking shoes is essential.* While walking is an excellent form of exercise, if you don't wear the proper footwear it can lead to injury. Most foot, knee, shin and back pains are caused by insufficient foot support. When you walk, you land with 1½ times your body weight on your feet. Did you know your feet have 26 bones (1/4 of all of the bones in your

body), 33 joints, 109 ligaments, and 19 muscles? That's why it is important to get a shoe that fits well. It should have good arch support, a well-cushioned heel, and adequate room in the toe. If one foot is slightly larger than the other (as is often the case), be sure to accommodate the larger foot. Your best bet is to go to a store where you can be properly fitted by someone who is knowledgeable. It is also important to wear socks that wick away moisture and are not prone to bunching up to avoid getting blisters. An additional piece of equipment that can help you set and reach your goals is a pedometer. A pedometer will measure the number of steps you take. Wear it throughout your day and you can quickly see how many miles you cover in the ordinary course of life! All walking counts toward better health - whether you gear up to go out and break a good sweat, or simply incorporate more walking into your daily routine. So gear up and get walking!

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels and fitness expert Matt Ebersole on proper walking equipment!



Hydration 101

Proper hydration can make the difference between feeling energized and motivated during your walk or feeling tired and wanting to quit.

Hydration Factors The exact amount of total water, or fluid, you need every day depends on many different factors, including gender, age, weight, air temperature, type of activity and activity intensity. For example, a 185 lb. man walking on a treadmill inside at moderate intensity requires a different amount of hydration than a 130 lb. woman walking outside at high intensity in 80 degree weather.

The Amount Determine your exact total daily fluid needs by using the [hydration calculator](#) at the Beverage Institute for Health & Wellness website. This calculator incorporates the latest scientific research and hydration guidelines from The Institute of Medicine.

Beverages + Food Proper hydration is more than just sipping plain water all day long. All beverages - even those with calories and caffeine - contain water, as do many foods. By *drinking* water and other beverages (80%) and *eating* foods that contain water (20%), you'll meet 100% of your daily hydration needs. Your breakfast OJ and milk, lunchtime bowl of black bean soup and dinnertime iced tea all count as hydration.

Hydration Tip Staying hydrated is easier with beverages you enjoy. Studies show we drink 45% to 50% more liquid when it's flavored versus plain water.

The Community Corner will post information on walks/runs taking place around the state. Try to set a goal to participate in a local walk or run during these 12 weeks. It's a great way to test your progress and engage in some friendly competition. Feel free to email INShape with information on upcoming walks in your area.

The American Volkssport Association Walk

When: April 19, 2008
Where: Harmonie State Park
Event City: New Harmony
Host Club: River City Ramblers
Details: [Click here for directions, etc.](#)

Indiana Senior Games

When: June 12-15, 2008
Event City: Carmel
Registration ends May 30
www.indianaseniorgames.com

Fast Flash 5K & 2K Run/Walk

When: May 10, 2008
Where: Franklin Central High School
Event City: Indianapolis
More Details: [Sign-up, etc.](#)

Tour deTrails 8K Run/5K Walk

When: April 19, 2008 @ 8:00 AM
Where: Lincoln Park
Event City: Columbus
More Details: [Sign-up, etc.](#)

Komen Race for the Cure

When: April 19, 2008
Event City: Indianapolis
More Details: [Sign-up, etc.](#)

Train for a purpose

Team In Training (TNT) is the world's most successful endurance-sports training program and is the largest fundraiser for *The Leukemia & Lymphoma Society*. Visit www.teamintraining.org/in for more information.



--